

Torrance Community Services Department
YOUNG SENIORS NEWSLETTER

VOLUME XXXVII - NUMBER 11

NOVEMBER 2010

Holiday Arts & Crafts Sale

Saturday, November 20, 2010

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd.



**Come find that special one of-a-kind
gift, hand-crafted by Senior Citizens!**

It's that time of year again...

FLU SHOT CLINIC

Monday, November 15, 2010

9 a.m. to 12 noon

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance



For more information, please call 310-320-5918.

Please see your physician if you have a serious illness or are hypersensitive to eggs.





Holiday Luncheon

Friday, December 17, 2010 at 11:30 a.m.

Ken Miller Recreation Center

3341 Torrance Blvd. in Torrance

\$10.00 per person

Menu:

Prime Rib

Mashed Potatoes

Praline Sweet Potatoes

Creamed Corn

Dinner Roll

Pecan Pie

Tickets will be on sale soon at Bartlett Center

You may purchase a maximum of two tickets)

Seating is limited - Please purchase your tickets early!



TORRANCE TRAVELERS

New Tours! *On the go again!*

Please join us for the following WINTER 2011 excursions designed for those 50 years of age and over:

Wednesday, January 19, 2011

GENTLE BARN

Lunch at the *Halfway House Café*

\$67 per person

Torrance resident

\$87 per person

Non-resident

Sunday, February 6, 2011

FRANKIE AVALON

With lunch at *Legend's Classic Diner*

\$97 per person

Torrance resident

\$117 per person

Non-resident

March 7 - 9, 2011

BLOSSOM TRAIL

With two nights at *Wonder Valley Ranch*

\$376 per person Twin

\$451 per person Single

Torrance resident

\$396 per person Twin

\$471 per person Single

Non-resident

Register for WINTER 2011 excursions on:

Friday, December 3, 2011

9 a.m. to 11 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona & Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9 a.m.

Non-resident registration begins at 10 a.m.

For openings after December 3, 2011 or for cancellations,
please call our Tour Information line at 310-618-2468.



Torrance Travelers

On the go again!

For tour openings, more information, or to add your name to our mailing list, please call our Tour Information line at 310-618-2468.

LAWRENCE WELK THEATRE

Wednesday, November 10, 2010

LEAVES FROM WILSON PARK at 8:45 a.m.

RETURNS at approximately 7 p.m.

Torrance resident Fee: \$97 per person

Non-resident Fee: \$117 per person



What better place than the *Welk Resort Theatre* to reconnect with the cherished memories of *The Lawrence Welk Show*! This production headlines the unique talents of a lanky, six-foot-five inch, All-American singer – Tom Netherton. We'll enjoy this charismatic baritone singing dynamic show tunes, gospel favorites, patriotic anthems and romantic love songs along with a few surprises. Let's face it, though, Tom's good looks have always been popular with the ladies, and the "fairer sex" can expect some attention "up close and personal." Nostalgic guests at the resort often clamor for the return of the Welk stars, so here's an opportunity that both long-standing and more recent fans shouldn't miss! A wonderful buffet brunch is also included at the resort before the show. It's a fun trip you won't want to miss!

Sold Out! NEWPORT HARBOR CHRISTMAS PARADE

Wednesday, December 15, 2010

LEAVES FROM WILSON PARK at 1:45 p.m.

RETURNS at approximately 10 p.m.

Sold Out! Call 310-618-2468 to get on the waiting list.

Torrance resident Fee: \$92 per person

Non-resident Fee: \$112 per person



Join us as we set sail this holiday season for the 102nd annual *Newport Harbor Christmas Boat Parade*! We'll begin our tour at the legendary *Five Crowns Restaurant*, a beautiful replica of one of England's oldest country inns. We'll enjoy a traditional English holiday dinner, which includes Prime Rib or chicken, fresh garden salad, creamed spinach, Yorkshire pudding, and strawberry English trifle for dessert. Next, we'll visit *Roger's Gardens* for their yearly *Christmas Fantasy* display of themed Christmas trees. Then it's on to *Balboa Pavilion* for the boat parade and light show. As we join the parade and cruise alongside hundreds of other beautifully decorated boats, we'll have the perfect vantage point for seeing the exquisite waterfront homes decked out for the holidays.

GENTLE BARN

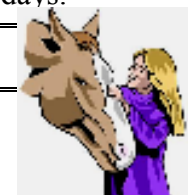
Wednesday, January 19, 2011

LEAVES FROM WILSON PARK at 8:15 a.m.

RETURNS at approximately 3:30 p.m.

Torrance resident Fee: \$67 per person

Non-resident Fee: \$87 per person



Come meet the animals! On this new tour, you'll visit *The Gentle Barn*, founded in 1999 by Ellie R. Laks and now run by Ellie and her partner Jay Weiner. Ellie and Jay had similar childhoods where they both felt alone, unseen, and misunderstood and for both of them it was from animals that they received their attention, friendship, and unconditional love. The family sees their 120 rescued farm animals as teachers, healers, friends, and heroes. Every animal at their place has been rescued from horrible abuse, neglect, and loneliness, and yet they have all survived using forgiveness, trust, love, and courage. These are the qualities that Ellie and Jay strive for on a daily basis, and that they teach the children who visit The Gentle Barn where their mission is to rescue, rehabilitate, and give sanctuary to abused animals. Their unique philosophy rehabilitates animals and connects their stories of survival and healing to the personal experiences of at-risk and special needs children who have suffered physical, mental, or emotional trauma. We'll get hands-on experience with the animals as we tour this unique facility and learn of its mission. A \$400 donation to The Gentle Barn will be made on behalf of our group. After touring the Gentle Barn, we'll stop for lunch at the *Halfway House Café* in Santa Clarita. We'll each have our choice of entrée – Hot Roast Beef Sandwich; Hot Turkey Sandwich; Grilled Pastrami on Rye; or Cobb Salad, all served with beverage and dessert. Join us on this very special tour! **To register for this tour, see page 3.**

FRANKIE AVALON

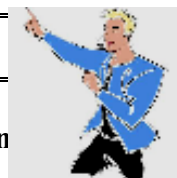
Sunday, February 6, 2011

LEAVES FROM WILSON PARK at 10:30 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$98 per person

Non-resident Fee: \$118 per person



Frankie Avalon's career spans three generations of music, with countless hit songs and more than 30 films – through his “beach” movies with Annette Funicello, and countless appearances on every major television variety show. The character of *Teen Angel* in the musical *Grease* was modeled on him, and his performance in that role in the hit movie that followed introduced him to a whole new generation of fans. When not spending time with his eight children and ten grandchildren, he continues to perform his high-energy show across the country. Before the show we'll stop for lunch at *Legend's Classic Diner* where we'll each have our choice of Hamburger; Cheeseburger; Bacon, Lettuce, & Tomato Sandwich; Fish & Chips; or Breast of Chicken Salad. ***To register for this tour, see page 3.***

BLOSSOM TRAIL & WONDER VALLEY RANCH

Mon., March 7 - Wed., March 9, 2011

LEAVES FROM WILSON PARK at 7 a.m. on 3/7

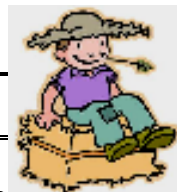
RETURNS at approximately 6 p.m. on 3/9

Torrance resident Fee: \$376 per person Twin

\$451 per person Single

Non-resident Fee: \$396 per person Twin

\$471 per person Single



Travel the *85-mile Blossom Trail* this Spring! Our senses will be dazzled as we wend our way along the country roads taking in the sights and smells of the bouquets of blossoms in bloom. We'll see the soft pink petals of the apricot trees, the brilliant pinks and reds of the peaches and nectarines, and the bright white petals of the almond and plum trees. Other points of interest along the trail include historic *Reedley*, and the *Mennonite Quilting Center*. We'll have lunch along the way at the *1903 Opera House*. To add to the fun, we're staying two nights at *Wonder Valley Ranch*, California's oldest dude ranch! Wonder Valley is nestled in the scenic Sierra Nevada foothills and offers everything from swimming pools to horseshoe pits, as well as some of the best home-style cooking in the West! While we're there we'll enjoy a horse-drawn hayride, two breakfasts, and two dinners at the ranch. Join us for an amazing journey along the Blossom Trail! ***To register for this tour, see page 3.***

CENTERS

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.

TUESDAY	9 a.m. - 4 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	CRAFTS WORKSHOP
WEDNESDAY	9 a.m. - 4 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE - First Wednesday of the month
THURSDAY	9 a.m. - 4 p.m.	CENTER IS OPEN
	9:30 a.m. - 10:30 a.m.	DANCERCISE with Richard Simmons video
	12:30 p.m. - 3 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

FEATURED FILM FOR NOVEMBER 3, 2010

White Squall

Rated PG-13 for brief strong language and some sensuality.

FEATURING: Jeff Bridges, Caroline Goodall, & Scott Savage

Movie for December: *Santa Buddies*



Gentle Fitness

Gentle Fitness uses stretching, self-massage, exercise, and breathing techniques that are easy, natural, and therapeutic. It's great for strength, flexibility, and balance. Chair Dancing gives you a full body workout as you move to the beat of the Charleston, the Twist, and much more! It will help lift your spirits and it just feels good!

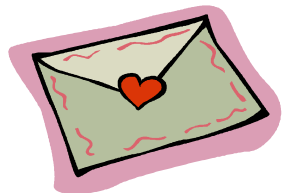
Wednesdays at 9:30 a.m.

TILLIM SENIOR CITIZENS CENTER ~ 3614 W. ARTESIA BLVD. IN TORRANCE

Torrance Loving Care "TLC" Tuesdays **Tillim Senior Center!**

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards for patients in the Veterans Hospital, Children's Hospital Los Angeles, and the L. A. Women's Mission.



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!

Join us on Mondays and Thursdays for Pinochle and meet our friendly group of card players! Bring your favorite board game and let's play! How about a hand of Bridge? We have a great Thursday Bridge group and we're always looking for new players to join us! If you're interested, come on down!





FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$25/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Low Impact Aerobics Through Dance * 10 a.m. - 11:15 a.m. **Fee: \$25/Semester**

Salsa, meringues, and line dancing combine for a terrific aerobic work-out! Move to the music and have fun!

Yoga * 1:15 p.m. - 2:45 p.m. **Fee: \$25/Semester**

Yoga brings together the mind, body, and much more – anyone can do it!

Basic postures and relaxation techniques will be covered. Please bring your own mat.

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*

THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



November 4 & 6

Deeply

Rated PG-13

Julia Brendler,
Lynn Redgrave,
& Kirsten Dunst

November 11 & 13

Taken

Rated PG-13

Liam Neeson,
Maggie Grace,
& Famke Janssen

November 18 & 20

Avatar

Rated PG-13 for intense epic battle
sequences and warfare, sensuality,
language, and some smoking.

Zoe Saldana,
Sam Worthington,
& Sigourney Weaver

November 25 & 27

**Happy Thanksgiving!
Bartlett Center is Closed**



December 2 & 4

Santa Buddies

Rated G

George Wendt,
Christopher Lloyd,
& Danny Woodburn

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!

BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

MONDAY 8:05 a.m.-9:35 a.m. "Fitness Difference for Seniors" **Fee: \$25/Semester**



9 a.m.-11 a.m.

9 a.m.-12 noon

9:30 a.m.-12:30 p.m.

2 p.m.-3:30 p.m.

Co-Sponsored by Torrance Older Adult Program

Knitting & Crocheting Workshop

Wire Wrapping Workshop - first & third Mondays of each month

Lapidary Workshop

Senior Exercise

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

TUESDAY

8:05 a.m.-9:35 a.m.

Low Impact Aerobics

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

9 a.m.-12 noon

Shuffleboard

WEDNESDAY

8:05 a.m.-9:35 a.m.

"Fitness Difference for Seniors"

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

9 a.m.-3 p.m.

Beadwork Workshop

2 p.m.-3:30 p.m.

Senior Exercise

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

THURSDAY

8:05 a.m.-9:35 a.m.

Low Impact Aerobics

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

9 a.m.-12 noon

Shuffleboard

9 a.m.

Ceramics Workshop

9:30 a.m.-12:30 p.m.

Lapidary Workshop

12:30 p.m.

Thursday Afternoon at the Movies

FRIDAY

8:05 a.m.-9:35 a.m.

"Fitness Difference for Seniors"

Fee: \$25/Semester

Co-Sponsored by Torrance Older Adult Program

9:30 a.m.-11:30 a.m.

Crafts Workshop

12:30 p.m.-2:30 p.m.

Seniors Open Discussion Group

SATURDAY

9 a.m.-12 noon

Shuffleboard

9 a.m.

Bridge and assorted table games are played

9:30 a.m.

"The Swinging, Singing Seniors" Newcomers WELCOME!

9:30 a.m.-11 a.m.

South Bay Strummers Ukulele Group

12:30 p.m.

Saturday Afternoon at the Movies

SUNDAY

12:30 p.m.-4 p.m.

Bartlett Center is Open! Drop on in!

Special Notes: Legal Advice is available by appointment on the third Tuesday of the month at 1:30 p.m.

HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the third Thursday of each month.

Please call 310-320-5918 to make an appointment.



SEA-AIRE SENIOR CITIZENS GOLF CLUB

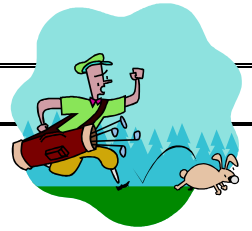
Sea-Aire Park - 22730 Lupine Drive - 310-543-1583 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are November 5 and December 3, 2010

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The September Tournament was held on Friday, September 24th. Twenty-four members played in teams of three with the best two scores on each hole counting towards the team total. Two-thirds of the combined handicaps were then deducted to reach the final results.



Results of the September Tournament

First @ 97.3 net Kip June, Bob Fields, & Bob Reid

Second @ 98.7 net John Norris, Gino Aveni, & Ceci Graham

Third @ 99.3 net Frank Berry, Dick Evans, & John Turner

Third @ 99.3 net George Brown, Ben Ko, & Dave Moorhead

☞ FOCAL POINT PROGRAM ☞

Senior citizens and their families now have greater access to information through the Focal Point on Aging program. The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9 a.m. to 3 p.m.

For more information, call 310-320-1300 or 310-320-5918.



When the bold branches
Bid farewell to rainbow leaves -
Welcome wool sweaters.
~ B. Cybrill

